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## Snow Ski Exerciser

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*Indiana University - Purdue University Fort Wayne*

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## SNOW SKI EXERCISER

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MET 497

Senior Design Project

### Abstract

This report describes a Snow Ski Exerciser that can increase muscle strength and balance and thus reduce injuries due to improperly conditioned muscles. The design of the exerciser, including criteria, component function, structural analysis, computer program, and material selection are discussed. The fabrication of a full size working prototype and testing of this prototype are also discussed. All supplemental material, drawings, calculations, and computer printout are in the appendix.

April 17, 1978